

MEDICAL RECORD -- SUPPLEMENTAL MEDICAL DATA

For use of this form, see AR 40-400; the proponent agency is the Office of the Surgeon General.

REPORT TITLE	TRANSCUTANEOUS ELECTRIC NERVE STIMULATION (TENS) HOME INSTRUCTIONS	OTSG APPROVED (Date)
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PART I - SUBJECTIVE

1. Age	2. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	3. Diagnosis	4. Name of attending health care provider, clinic or service
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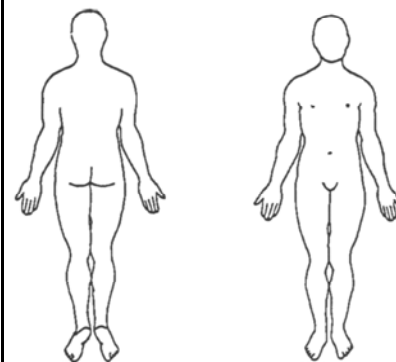
PART II - OBJECTIVE

6. The patient was given the following written and verbal instruction of home TENS use:

a. WHAT IS TENS? TENS stands for Transcutaneous Electrical Nerve Stimulation. It is used to block pain. It does not stop the cause of pain; however, sometimes by eliminating the pain you can also stop the cause. TENS blocks pain by stimulating the nerves of the skin with a small electric charge.

b. HOW TO USE TENS.

- (1) Your TENS should be set at a rate of _____ and a width of _____. The intensity should be strong but comfortable. It should not be so strong that it makes your muscle twitch. You should feel the sensation in the area you are having your pain.
- (2) Place the pad as shown on the diagram. (This can be adjusted slightly to get the stimulation in the area of the pain.)
- (3) TENS works better if it is only used intermittently for 45- to 60-minute periods. Try to use it before or just as your pain starts. You can keep the TENS unit hooked up most of the day, and turn it on intermittently throughout the day for 45- to 60-minute periods.
- (4) The TENS unit is portable and clips to your belt or pants. You can walk, work, etc. with the unit attached and on.
- (5) The TENS pads need a conductive gel to transmit the electricity and are then attached with tape. Your initial pads are supplied. You can buy peel and stick TENS pads through a hospital supplier. This type of pad is easier to put on and adhere better.
- (6) Check your skin under the TENS pads daily. Sometimes you can get an allergic reaction to the pads, gel or tape. Also, if the unit is turned up too high, it may burn the skin. If there is any rash or break in the skin, stop using the unit and consult your physician or physical therapist.



c. CARE AND MAINTENANCE OF THE TENS UNIT.

- (1) The TENS unit should be kept clean and dry. Clean it with a slightly damp towel. Do not immerse the unit in water. The pads and wires should be kept clean with a damp towel and mild soap, daily.
- (2) Do not pinch or constrict the wires. Do not drop or jar the unit.
- (3) The unit uses double "A" batteries. Some units have a battery light that signals when the batteries are weak. If your unit has no such light, you can tell the batteries are weak because the intensity of the unit weakens. You are responsible for buying and replacing the batteries.
- (4) Your TENS unit should be returned as determined by Sierra or will need to be renewed by your physical therapist or physician.

PART III - ASSESSMENT (Item 7)

The patient verbalized and demonstrated an understanding of the above instructions.

PART IV - PLAN (Item 8)

The patient was instructed to use the TENS unit per guidelines above and to follow up with the prescribing provider as instructed or needed.

PART V - GOAL (Item 9)

Using written and verbal instruction, teach the patient how to properly self-administer TENS for symptomatic relief of pain, and for care and routine maintenance of the unit. The goal was met.

I understand the instructions given today and will consult my physical therapist or health care provider if I have any questions concerning these instructions or if I want additional information.

Patient's signature

(Continue on reverse)

PREPARED BY (Signature & Title)	DEPARTMENT/SERVICE/CLINIC	DATE
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PATIENT'S IDENTIFICATION (For typed or written entries give: Name--last, first, middle; grade; date; hospital or medical facility)

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| <input type="checkbox"/> HISTORY/PHYSICAL | <input type="checkbox"/> FLOW CHART |
| <input type="checkbox"/> OTHER EXAMINATION OR EVALUATION | <input checked="" type="checkbox"/> OTHER (Specify)
Home education,
TENS unit training |
| <input type="checkbox"/> DIAGNOSTIC STUDIES | |
| <input type="checkbox"/> TREATMENT | |